### All Year
- Apples
- Beets
- Cabbage
- Carrots
- Chard
- Collards
- Garlic
- Kale
- Microgreens
- Mushrooms
- Onions
- Potatoes
- Shallots
- Sweet potatoes

### Spring
- Arugula
- Bok choy
- Broccoli
- Cauliflower
- Herbs
- Lettuces
- Radishes
- Scallions
- Spinach
- Spring onions

### June
- Apricots
- Artichokes
- Blackberries
- Cherries
- Fava beans
- Gooseberries
- Leeks
- Lettuces
- Nectarines
- Okra
- Peaches
- Peppers
- Shelling beans
- Snap peas
- Snow peas
- Strawberries
- Tomatillos

### July
- Asparagus
- Brussels sprouts
- Green garlic
- Morels
- Nettles
- Parsnips
- Pea shoots
- Ramps
- Rhubarb
- Snap peas
- Sorrel
- Strawberries
- Vegetable starters

### August
- Blackberries
- Celery
- Corn
- Edamame
- Eggplant
- Grapes
- Leeks
- Lima beans
- Melons
- Nectarines
- Okra
- Peaches
- Peppers
- Shelling beans
- Shelling greens
- Tomatillos
- Winter squash

### September
- Corn
- Cucumbers
- Curants
- Eggplant
- Figs
- Grapes
- Green beans
- Melons
- Okra
- Pawpaws
- Peaches
- Peppers
- Plums
- Salad greens
- Shelling beans
- Summer squash
- Tomatillos

### October
- Arugula
- Brussels sprouts
- Chestnuts
- Cucumbers
- Eggplant
- Fennel
- Green beans
- Kiwi berries
- Parsnips
- Peppers
- Persimmons
- Plums
- Quince
- Romanesco
- Scallions
- Shelling beans
- Spinach
- Summer squash
- Sunchokes
- Tomatillos
- Tomatoes
- Turnips

### November
- Broccoli
- Brussels sprouts
- Chestnuts
- Fennel
- Parsnips
- Persimmons
- Quince
- Romanesco
- Scallions
- Spinach
- Sunchokes
- Tomatillos
- Turnips

### Winter
- Carrots
- Cabbage
- Kale
- Microgreens
- Mushrooms
- Onions
- Potatoes
- Shallots
- Sweet potatoes

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**FRESHFARM** builds a more equitable, vibrant, sustainable, and resilient food system in the Mid-Atlantic region by producing innovative solutions in partnership with local communities and organizations. We create food access, economic development, and thriving communities through hands-on education, farmers markets, and food distribution programs.